



OCTOBER EDITION

President's Greeting

Our Annual Welcome Tea was held on Sept. 14th at Diamond Head Flag Quarters. It was a beautiful place to have our first event and a great way to begin our year. Many Mahalos go out to those who organized this year's Tea. DeAnne Bardell, our Vice President, did a wonderful job coordinating the event. Thanks to Admiral and George Ann Wurster for hosting the event and to Admiral Wurster for taking time from his busy schedule to speak to us. Thank you to our generous Home Businesses for displaying their products and donating items for door prizes: Danielle Dash - Premier Jewelry Designs, Amy Lucas - Mary Kay Products, Caeleigh Villarreal - Pampered Chef, and Boutiki. If you were unable to make it to the Tea, you can still sign up to help with events and join specific groups. Please contact the chairperson for more information.

This will be our last newsletter that goes out to non-members, so if you haven't already filled out your membership form, please do so by Oct. 4th. This will ensure that you are included in our directory. If you were a member last year, please don't forget to renew your membership this year.

If you have not yet purchased a cookbook, please consider it. The proceeds from our cookbooks go directly to our scholarship fund which will help one of our Coast Guard Spouses with college costs. Your support is appreciated. We are still looking for someone to chair this worthy cause once Edna leaves in January. If you are interested please, please contact either Edna or I and we can fill you in on the details.

Please check the newsletter for upcoming events. I look forward to seeing you.

Treasurer's Report

Our balance as of September 10, 2003 was \$3046.66.

Teen Dare to Dress up Dance

Hey all you teens out there! We decided to add a little something for you this fall. Come to our Teen Dare to Dress Up Dance, Saturday, October 25th, Red Hill Community Center, 7 - 10 PM. Ages 12-17 are welcome and your ID is required. You must be a CG dependant with one guest allowed. Music will be provided by a DJ with games, food and prizes - all free of charge! Moms, we need some help from you too, with baked goods

and volunteers for the dance. If you can help to set up, chaperone or clean up (or all three if you feel generous) Contact Lori Ulsh at 831-2751 or 833-8970 or Jamie Bender at 685-4614.

Fall Fest Help

We really need adults and teens to sign up to help with the games for the under 11 Fall Fest and we also need baked goods and candy (individually wrapped) for both the little guys and the dance crowd. The fall fest for kids 11 and under will take place on Saturday October 25th from 2-4 PM at the Red Hill Community Center. Anyone interested in helping can call me at 833-8186.

Maureen Shivery
Fall Fest Chair

Caeleigh's Corner

This recipe is the first installment from Caeleigh's Corner. Caeleigh Villarreal will be sharing a monthly column with new tips, advice or recipes that relate to her current successful weight loss. For more about Caeleigh and her journey, read the article below.

Light Chicken Broccoli Twist

2	(11oz) packages of refrigerated	French bread dough
2	cups coarsely chopped cooked	chicken
1-1/2	cups coarsely chopped broccoli	
1	cup (4 oz) shredded light or non-fat	shredded cheddar cheese
1/3	cup diced red bell pepper	
1/3	cup light or non-fat mayonnaise	
2	tsp. dill mix	
1	clove garlic, pressed	
3	tsp flour	

Preheat oven to 375 F. In large bowl, combine chicken, broccoli, cheese, bell pepper, mayonnaise, seasoning mix and garlic; mix well. Set aside.

Place bread dough, seams sides up, on rectangle baking stone or cooking sheet. Slice each loaf lengthwise, end to end, cutting half-way through to center of loaf; spread open flat. Lightly sprinkle additional flour evenly over dough.

Using a bakers roller, roll dough crosswise to a 4 in. width, creating a well down the center of each loaf.

Scoop half of the Chicken Broccoli mixture down the center of each loaf. Gather up edges over filling, pinching firmly to seal. Place loaves, seam sides down, in an "X" pattern. Crisscross ends of dough to form a large figure "8", keeping ends of dough 1 inch from edge of stone or cooking sheet and leaving two 1 1/2 inch opening in center of twist.

Bake 30-32 minutes or until deep golden brown. Remove from oven, cool 10 minutes. Cut into slices. Serve warm.

Villarreal embraces change

Change is good, right? If you're a CG spouse you have to live by that mantra. For Caeleigh Villareal, change has been great. Many of you may know Caeleigh (pronounced like Kelly) from her Pampered Chef business, her Spirit of Hope Award or as the ombudsman for the Walnut. But what many of you may not know (at least the new folks) is that Caeleigh recently lost 40 lbs. over a 5 month time period during which her husband, Peter and the rest of the Walnut was deployed to the Persian Gulf. I recently spoke with Caeleigh to learn a little bit more about her experience and asked her to submit an offering to Tradewinds each month with a recipe, helpful hint or just some advice that helped her stay on her current healthy track.

Caeleigh basically followed the Weight Watchers plan and recruited the help of a personal trainer at a local gym that provided childcare. She felt the trainer and not having to worry about a sitter for her kids would help her stick to the plan. Her biggest challenge was making sure she kept the routine of working out at least 3 times a week. Caeleigh is convinced that the weight would not have come off without her dedication to physical exercise. She was surprised at how easy it was once she got into the habit. But the biggest surprise came from her husband. He was shocked. "He almost fell over!" reported Caeleigh. Not only had she lost 40 lbs., but all that weight training helped to contribute to a loss of 25 inches. She was worried that once her husband returned home, she might start gaining back the weight, but it seems she's actually lost a few more pounds.

Caeleigh is happy to answer any questions about her experience. You can email her at villarrec001@hawaii.rr.com.

Sunshine and Hospitality

A special Mahalo to our Hospitality and Sunshine crew is in order. Do you know that Tricia Boston (phase II) and Susan Waters (phase I) have put together and handed out over 60 Welcome bags so far? The Hospitality committee is a very busy and oftentimes thankless job that can get a little crazy during the summer transfer season. These ladies work overtime trying to make sure as few people are missed as possible. Of course, it happens sometimes (what?! you mean they AREN'T super women?!) and they need our help. Privacy laws restrict us from getting personal information about who is new and moving into an area. We have no way of knowing in advance who is coming unless we see them or they themselves let us know. If you see someone moving into your neighborhood, give one of our ladies a call. If YOU are new and haven't received a welcome from our club, don't be shy. We'd love to hear from you. All board members names and contacts are on the second page of this publication. As hard as they try, it will be impossible to get to EVERYONE without a little help. Thanks again ladies! We appreciate your work!

Jamie

Fisher House News

It was great to see so many spouses at the Welcome Tea. We had a wonderful response for the meal sign up for the 2003-2004 year. If you are interested in helping please let us know. We have several spots still available.

A big mahalo goes out to our September cooks; Takako Dolan, Julie Dostie, Jill Meyer, George Ann Wurster and Terri Yenz. They all put together outstanding meals and the families at Fisher House greatly appreciated all their hard work. Our October cooks are Marisa Burow, Takako Dolan, Amanda Price, Annie Sullivan, and Terri Yenz.

If there is anyone that would like to help make reminder phone calls for meals and help deliver meals, please let us know.

Thanks again for all your help!
Maureen Shivery

Fall Fest 2003

Games, Music and Food! Come Wear a Costume and Join in the Fun!!

Saturday October 25
2-4 PM
Red Hill Community Center
CG Children Ages 11 and under

October Meeting

Hey everybody! Please join us for our October membership meeting at Amy Heaton's house (our Treasurer) on Wednesday October 8 at 7 PM. Please RSVP to Amy at 833-2738 or heatona002@hawaii.rr.com so she knows how many goodies she should have!

Hiking Club

Let's get outside and explore Hawaii..... one step at a time!

When: Wednesday, October 15 at 9:00A.M.

Where: The Old Pali Highway.

Take H1 to the Pali Highway Exit toward Kailua.

Look for the turnoff to Nuuanu Pali State Wayside on the right side of the road.

Get off and drive up the access road to the parking lot and park here to start your hike.

We will meet at the gate immediately to the right of the Pali Lookout.

This is a short, though slightly steep hike on an abandoned segment of the Old Pali Highway. It is a beautiful hike for beginners. Our destination is a waterfall on the Likelike trail. We will retrace our steps and hike back up to the Pali Lookout. The approximate distance is 2 miles and I am setting aside 2 hours for a leisure hike with a short rest at the waterfall.

Hiking Check List:

- *Good, comfortable walking shoes.
- *Sunscreen
- *Hat
- *Insect Repellent
- *Water/Snacks
- *Raingear

PLEASE DO NOT LEAVE ANYTHING VALUABLE IN YOUR CAR.

R.S.V.P to Le-Thu Lodge at 834-8017, or hikingclub@hawaii.rr.com.
See you there!

Secret Pals

Aloha old members, Aloha new members, and Aloha to all that are still in the process of joining us this year. I want to extend a warm invitation to everyone and hope that you will decide to join us this year in a whole lot of fun. Each person that signs up will be asked to fill out a personal profile that will be e-mailed or sent to you. These need to be returned ASAP to me. When all the profiles are returned, each person will be assigned a Secret Pal and the fun will begin. Please remember your Secret Pal every couple of weeks or so. It is fun to give and fun to receive. I would like to start us out the first week in October (please have your profiles back to me by Sept 30) and finish in May at the revealing party. Have fun not getting caught and more fun trying to guess who is delivering to you. SHHHHHHHHH! It is a Secret!

Terri Yensz
tyensz@earthlink.net

Home Business Expo

It's that time again, ladies. The Holiday Craft and Home-based Business Expo will be held at the Red Hill Community Center on Saturday, November 8th from 10 AM to 4PM. This is a great opportunity to highlight your home-based businesses and network with prospective clients. Contact **Tedi Toyllens** at 836-2021 if you are interested in reserving a table on a first come, first serve basis.

Coast Guard Ball

Yes, that's right, the Coast Guard Ball was so much fun last year the "powers that be" decided to do it again. For those of you new to the island, the ball usually only took place every other year. Again, Annie Sullivan is our fearless representative and she is seeking any and all comments, questions and concerns. The ball is in its infancy right

now and nothing has been decided. If you have any ideas including location, babysitting, decorations, themes, party favors, etc. please give Annie a call at 834-7478.

CGSA Website

I am trying to add some more features to the website. I would like to have any and all units whose ombudsmen create regular newsletters to post them on our site. That way everyone can get everything all at once. It will be sort of a one-stop shopping for spouse information. I think that can be helpful, particularly if you're on the mainland and your AD spouse is about to get transferred to O'ahu. If you're a willing ombudsman, please contact me. We can start posting the newsletters immediately.

I'm working with Mark to set up a calendar that we can continually add to. It will probably be more current than the monthly calendar in Tradewinds.

Currently, the brochures I set up are going into the Welcome Aboard packages and the website is available from the brochures. It is also available through the ISC's main home page. If you can think of any other way to advertise it, please let me know.

Also, I am open to new ideas and suggestions for the website. We just want to keep as many people as possible informed!

Membership Directories

Kristy Huntz is hard at work creating our membership directories. So she can get these out ASAP, we request that you submit your membership forms to Kristy (2018 Welcome Pl.) by **October 4th**. You can join at any time of the year, but if you want to be included in the directory, you must meet the deadline. Thanks!

No Child Left Behind

For many families, military and civilian, no issue is more important than the quality of their children's education. Although most education decisions and most funding come from state and local governments, the federal government took a giant leap in encouraging higher standards and providing additional resources to help states meet those standards with the passage of P.L.107-110, the "No Child Left Behind Act."

Parent involvement in education and the responsibility of state and local school district educators to inform parents about the quality of schools in their communities and how parents can promote quality education for their children are key components of the act. The Department of Education has set up a website to educate parents and educators about the new law and its implementation. For more information on the components of the act and what they might mean for your child, go to: www.nochildleftbehind.gov.

Man of LaMancha

Ok, a little shameless plug here. My husband, **Bryan Bender** (former XO of the Kukui) just found out he will be playing the lead in Army Community Theatre's production of *Man of LaMancha* at Richardson Theatre on Fort Shafter. It opens

November 13 (Thursday) and runs through the 29th with shows on Friday and Saturday nights at 7:30 PM. Tickets are \$17 and \$14 for adults and \$10 and \$8 for children. After you see that, you can catch us both performing again in the ***Jim Nabors Christmas Show*** at the Hawaii Theatre.

JWC

Registration forms will be available at the RHCC, the Country Store, ISC MWR, and the CG Exchange, or you may download a form on-line at www.JointWomensConference.org. The sooner you mail in your registration, the better the chances you will be attending your top workshop picks. We are still looking for volunteers to sign up to hostess workshops - this is an automatic guarantee you will attend one of your top workshops choices. Please contact Stella Wiltshire at 373-4298 or Lori Ulsh at 831-2751 for more information.

Lori

Flag Etiquette

The United States Flag Code stipulates that as the symbol of a living country, the flag is considered in itself a living thing and should be properly displayed and cared for. The code outlines the proper ways to display the American flag.

Raise the flag briskly. Lower it ceremoniously.

Never allow the flag to touch the ground or floor.

Do not fly the flag in bad weather, unless it is an all-weather flag.

The flag can only be flown at night if properly illuminated. Otherwise, it should only be flown from sunrise to sunset.

The flag should always be allowed to fall free.

The flag should never be used to carry, store, or deliver anything.

When on a speaker's podium, the flag should be either above and behind the speaker, or to the speaker's right as he faces the audience.

The flag should never be used as clothing, bedding, or drapery. Red, white, and blue bunting may be used as decoration instead, with the blue on top, white in the middle, and red below.

The flag should never be part of a uniform, but a flag patch or lapel pin can be part of a police or other uniform.

The flag should not be used to cover a ceiling.

Advertising banners should not be hung from the same staff as a flag.

The flag should not appear on napkins, boxes, or other disposable items, nor should it be embroidered on cushions, handkerchiefs, or similar objects.

Cookbooks are ready

Cookbooks are still on sale and available for purchase at \$18 a piece. The proceeds will go towards a scholarship for a CG spouse.

This cookbook project has been in the making for about three years now. Kudos to **Edna Magpantay-Monroe** for putting it altogether and setting up the idea for a scholarship. Please support this plan by buying our cookbook. We will have them available at all of our functions throughout the year.

Health and Fitness

Kym Long-Wallace will be contributing articles bi-monthly in Tradewinds relating to health and fitness. Kym has a BS in Exercise Science from Wake Forest Univ. and an MA in Health Education from East Carolina University. She has spent 19 years teaching a wide variety of fitness classes. She has worked as Health Educator for City of Suffolk, VA Health Dept., Employee Health Promotion Coordinator for Childrens Hospital of the King's Daughters in Norfolk, VA and also as a health instructor for students at East Carolina University and The Citadel. In these jobs she has conducted seminars and authored programs to promote good nutrition, weight loss/maintenance, smoking cessation, exercise, and environmental health

What diets have you been on lately? Weight Watchers, South Beach, the ubiquitous Atkins... these seem to be the popular ones currently. In my 18 years of being a health educator, I have seen many diets come and go. High protein diets were popular in the 1970s and low-fat, high carb diets were popular in the 1980s and early 1990s. Now we are back to the high protein diets. Why does this cycle continue? If a diet works, shouldn't one be successful in losing weight on that diet no matter what year it happens to be?

One of the problems is that people think about losing weight for the short term. Magazine covers advertise "LOSE TEN POUNDS IN 2 WEEKS." Recently I have heard dieters boast about losing two pounds since yesterday! Technically, the human body can burn, at most, 3 pounds of fat per week with most people only burning 1-2 pounds. People who lose weight quickly are primarily losing water weight and muscle weight. The quicker we lose weight, the more quickly we will gain it back when the "diet" is over. If the goal is long-term weight reduction, we have to think beyond "quick losses."

Research shows that, across the board, people who lose weight and who successfully keep it off for at least five years have one main thing in common: EXERCISE. That's right, people who are successful losers make exercise part of their normal lifestyle. There are other factors that are common to those who keep their weight off such as regularly eating breakfast, keeping track of their food intake, not skipping meals and keeping their diet low in fat. The most reliable predictor of long-term success, however, is exercise.

The best exercise routine involves combining strength training and cardiovascular activity. Strength training increases muscle and that means increased metabolism because muscle burns many more calories than fat (a pound of muscle burns 30 calories per day compared to fat's 3 calories per day). After several weeks of consistently training at least twice per week one can increase her muscle mass by five pounds, leading to a "burn" of 240 extra calories per day. That might not sound like much, considering a single Snickers bar has 280 calories, but over the course of a year, that adds up to an extra 87,600 calories (the equivalent of 25 pounds!).

Cardiovascular activity includes walking, running, dancing, swimming, etc. These types of exercises burn a lot of calories and can be sustained for a longer period of time than strength training exercises. Most experts recommend burning about 2000 calories

per week in cardiovascular activity. While there are many ways to achieve this level of exercise, including running and other intense sports, one of the most popular and easiest to perform is walking. Simply walking 3-4 miles, six days per week is enough to satisfy this 2000 calorie per week goal. The 55-75 minutes that this will take daily can be done all at once or can be split up. For example, walk 30 minutes in the morning and 30 minutes in the evening. If you are really pressed for time, walking the dog and parking at the far end of the exchange parking lot can even count. Purchase a pedometer for \$10 and see how many steps you can take in a day's time. Two hundred steps equals about a mile for most people.

Come on now, we live in Hawaii, what excuse can there possibly be... bad weather? See you on the walking trails!

Kym Long-Wallace

NMFA Says keep family separation allowance

*This following article was taken from the **National Military Family Association** website at www.nmfa.org. It is a current press release. To consider joining NMFA, or to learn more about their organization, please visit their website.*

Military families are now strained in ways once thought impossible. Ask any military spouse how they are feeling right now and the answer you will get is "stressed." The National Military Family Association (NMFA) knows that military families are used to sacrificing. They endure lengthy, often unexpected, separations; single parenthood; and frequent moves that disrupt a child's education and a spouse's career. NMFA is concerned that families may soon be asked to do more with even less if the increase in the Family Separation Allowance passed this year is allowed to expire or be limited only to some deployed servicemembers.

Military families, including NMFA's network of volunteer installation Representatives, tell of the extra expenses they incur when the servicemember is deployed. Because it brought sorely needed relief, NMFA was extremely grateful when Congress overwhelmingly approved increasing the Family Separation Allowance from \$100 per month to \$250 as part of the FY 2003 Supplemental Appropriations Act. NMFA was also pleased that the Senate included legislative language in its version of the FY 2004 National Defense Authorization Act to make the increase permanent for all servicemembers eligible to receive the Family Separation Allowance.

NMFA believes it is essential that policymakers understand the purpose of the Family Separation Allowance and that they do families a disservice when they try to link it with Imminent Danger Pay in determining who should be eligible for an increased amount. We must remember that Imminent Danger Pay is linked to the likelihood of a servicemember being subjected to enemy fire or other life-threatening hostile actions. It is location specific and all servicemembers deployed to that location receive it. Other pays such as hardship-duty pay or assignment-incentive pay address where the servicemember is deployed or the job they do.

Family Separation Allowance has a different purpose. It is provided to help families cover the extra costs they incur when the servicemember is deployed away from home. These costs are normally not related to where the servicemember is deployed, but rather to the simple fact that the servicemember is gone. When a servicemember is deployed-whether to Iraq, Afghanistan, on a one-year assignment to Korea, on a ship in the Pacific, or to Liberia, the newest hot spot-families have extra expenses. For example, employed spouses may have to cut back on work hours

because they now have sole responsibility for child care or elder care needs; sometimes they may be able to maintain their work schedule only by paying for more child care. In some instances spouses must leave their employment because they have a special needs child with medical problems and cannot afford the cost of the additional child care. Long distance phone calls and mailing costs are also guaranteed to increase. If the military member was the math, science, or geography expert of the family, the spouse may find it necessary to hire a tutor so the children do not fall behind in school. Home or automotive maintenance or repairs handled by the servicemember may become an added cost to the family if the servicemember is gone.

NMFA finds it incomprehensible that our nation should rely upon our servicemembers to protect and serve the interests of national security selflessly and then expect their families to endure additional financial costs as well as the hardship of separation. Therefore, NMFA believes the Family Separation Allowance should remain at the current \$250 per month level for all deployed servicemembers eligible for the allowance.

NMFA's primary focus is to secure improvements to the quality of life for the families of the members of the seven uniformed services. Maintaining the increase in the Family Separation Allowance for some deployed servicemembers but not all would diminish the quality of life of many military families and damage the cohesion of the military community. American servicemembers today are deployed in more locations than at any time in our Nation's history. All their families are bearing both the emotional hardship of separation as well as the financial burden. It is not right to single out only some families as deserving of the increased financial support based on where their servicemember is deployed. To the family, "gone is gone."